



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**de Vries, Bennie**

Club: Stadskanaal

Number: 214

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:51:27

Speed: 8.06 km/h

Running performance: 7:24 min/km

Rank in course/Total: 37 (of 246)

Rank in course/Men: 35 (of 211)

Best time in course: 13:06:52

Rank in category: 6(of 43)

Best time in the category: 16:18:36

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| VP1 - Mahnmahl P   | 9.02     | 1:01:35    | 6:49         | 27          | 19:14       | 98      | 20:39      | 9.02          | 1:01:35    | 6:49         | 27       | 19:14       | 98      | 20:39      |
| VP2 - Schlesiische | 5.98     | 41:38      | 6:57         | 32          | 14:10       | 153     | 15:32      | 15.00         | 1:43:13    | 6:52         | 30       | 33:24       | 128     | 36:11      |
| VP3 - Sonnenalle   | 6.00     | 39:05      | 6:30         | 26          | 10:52       | 102     | 13:27      | 21.00         | 2:22:18    | 6:46         | 29       | 44:16       | 114     | 49:38      |
| VP4 - Stubenrauc   | 5.73     | 37:42      | 6:34         | 24          | 11:03       | 108     | 12:27      | 26.73         | 3:00:00    | 6:44         | 29       | 55:19       | 112     | 1:02:05    |
| VP5 - U-Bahnhof    | 4.30     | 32:21      | 7:31         | 27          | 10:38       | 105     | 11:14      | 31.03         | 3:32:21    | 6:50         | 29       | 1:05:57     | 111     | 1:12:13    |
| VP6 - Buckower I   | 5.40     | 36:50      | 6:49         | 19          | 9:06        | 80      | 11:27      | 36.43         | 4:09:11    | 6:50         | 24       | 1:15:03     | 102     | 1:23:39    |
| VP7 - Kirchhainer  | 5.54     | 38:11      | 6:53         | 18          | 8:20        | 77      | 12:00      | 41.97         | 4:47:22    | 6:50         | 24       | 1:23:23     | 100     | 1:35:02    |
| VP8 - Lichtenradi  | 4.42     | 29:43      | 6:43         | 15          | 5:50        | 63      | 9:30       | 46.39         | 5:17:05    | 6:50         | 23       | 1:29:00     | 95      | 1:44:32    |
| VP9 - Osdorfer St  | 5.77     | 39:59      | 6:55         | 15          | 9:00        | 69      | 13:47      | 52.16         | 5:57:04    | 6:50         | 22       | 1:33:41     | 95      | 1:57:41    |
| VP10 - Sportplatz  | 6.41     | 45:52      | 7:09         | 10          | 11:56       | 46      | 17:04      | 58.57         | 6:42:56    | 6:52         | 19       | 1:45:37     | 81      | 2:13:11    |
| VP11 - Königsw     | 6.18     | 42:31      | 6:52         | 7           | 7:58        | 40      | 13:38      | 64.75         | 7:25:27    | 6:52         | 19       | 1:46:28     | 74      | 2:25:58    |
| VP12 - Gedenkst    | 6.18     | 48:04      | 7:46         | 9           | 10:05       | 46      | 16:37      | 70.93         | 8:13:31    | 6:57         | 16       | 1:56:33     | 73      | 2:41:54    |
| VP13 - Brauhaus    | 6.84     | 45:35      | 6:39         | 7           | 19:38       | 29      | 21:58      | 77.77         | 8:59:06    | 6:55         | 15       | 1:59:27     | 66      | 2:55:06    |
| VP14 - Revierförs  | 6.06     | 50:42      | 8:21         | 21          | 13:17       | 89      | 21:18      | 83.83         | 9:49:48    | 7:02         | 14       | 2:10:51     | 67      | 3:16:24    |
| VP15 - Schloß Sa   | 6.20     | 45:14      | 7:17         | 6           | 6:33        | 21      | 15:27      | 90.03         | 10:35:02   | 7:03         | 12       | 2:14:32     | 56      | 3:31:51    |
| VP16 - Pagel & Fi  | 7.63     | 54:34      | 7:09         | 5           | 7:28        | 29      | 18:10      | 97.66         | 11:29:36   | 7:03         | 10       | 2:22:00     | 51      | 3:49:34    |
| VP17 - Wilhelmst   | 4.84     | 35:19      | 7:17         | 7           | 4:17        | 34      | 10:12      | 102.50        | 12:04:55   | 7:04         | 10       | 2:24:41     | 48      | 3:59:46    |
| VP18 - Falkensee   | 6.58     | 49:00      | 7:26         | 7           | 15:32       | 39      | 15:32      | 109.08        | 12:53:55   | 7:05         | 8        | 2:32:44     | 46      | 4:14:35    |
| VP19 - Schönwal    | 5.70     | 41:31      | 7:17         | 4           | 4:53        | 27      | 12:42      | 114.78        | 13:35:26   | 7:06         | 6        | 2:35:24     | 39      | 4:27:17    |
| VP20 - Grenzturn   | 7.53     | 55:45      | 7:24         | 7           | 21:09       | 28      | 21:09      | 122.31        | 14:31:11   | 7:07         | 7        | 2:40:41     | 39      | 4:44:16    |
| VP21 - Ruderclub   | 4.78     | 35:47      | 7:29         | 2           | 2:52        | 16      | 12:26      | 127.09        | 15:06:58   | 7:08         | 6        | 2:43:33     | 38      | 4:56:42    |
| VP22 - Frohnau (   | 4.03     | 33:41      | 8:21         | 6           | 7:10        | 33      | 12:09      | 131.12        | 15:40:39   | 7:10         | 6        | 2:50:43     | 37      | 5:08:51    |
| VP23 - Naturschu   | 6.78     | 53:48      | 7:56         | 5           | 9:42        | 30      | 20:02      | 137.90        | 16:34:27   | 7:12         | 6        | 3:00:25     | 36      | 5:28:53    |
| VP24 - Oranienbu   | 4.75     | 35:56      | 7:33         | 3           | 2:41        | 18      | 10:04      | 142.65        | 17:10:23   | 7:13         | 6        | 3:02:24     | 35      | 5:38:23    |
| VP25 - Lübars      | 5.69     | 46:43      | 8:12         | 7           | 9:02        | 35      | 17:23      | 148.34        | 17:57:06   | 7:15         | 6        | 3:11:26     | 35      | 5:55:46    |
| VP26 - S-Bahnh     | 5.71     | 55:48      | 9:46         | 19          | 16:14       | 83      | 26:07      | 154.05        | 18:52:54   | 7:21         | 6        | 3:24:56     | 35      | 6:21:53    |
| VP27 - Wollankst   | 3.09     | 26:18      | 8:30         | 27          | 9:32        | 118     | 13:57      | 157.14        | 19:19:12   | 7:22         | 6        | 3:32:20     | 35      | 6:34:26    |
| Friedrich-Ludwig   | 3.76     | 32:15      | 8:34         | 6           | 7:17        | 42      | 11:38      | 160.90        | 19:51:27   | 7:24         | 6        | 3:32:51     | 35      | 6:44:35    |